

Corn Chowder

Meal Components: Vegetable

Soups & Stews, H-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped	2 oz	? cup	4 oz	? cup	1. In a heavy pot, sauté onions and celery in margarine or butter until tender, about 5 minutes.
OR		OR		OR	
Dehydrated onions		3 Tbsp		¼ cup 2 Tbsp	
*Fresh celery, ¼" diced	2 oz	½ cup	4 oz	1 cup	2. Add flour and cook for 1 minute stirring continuously.
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Enriched all-purpose flour	3 oz	¾ cup	6 oz	1 ½ cups	
Lowfat 1% milk, hot		1 qt 1 cup		2 qt 2 cups	3. Slowly add hot milk and chicken stock to flour mixture. Whisk until smooth and thickened.
Chicken stock, non-MSG		1 qt 1 cup		2 qt 2 cups	
*Fresh potatoes, peeled, ¼" cubes	1 lb 1 oz	3 ¼ cups	2 lb 2 oz	1 qt 2 ½ cups	4. Add potatoes and simmer for 10 minutes.
Canned yellow corn, cream-style	1 lb 10 oz	2 ? cups (1 ¾ No. 300 cans)	3 lb 4 oz	1 qt 1 ? cups (3 ½ No. 300 cans)	5. Stir in corn, salt, and pepper. CCP: Heat to 165°F or higher.
Salt		2 tsp		1 Tbsp 1 tsp	

6. CCP: Hold at 140°F or warmer. Portion with 4 oz ladle (½ cup).

Notes

* See Marketing Guide

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Mature onions	3 oz	6 oz
Celery	3 oz	6 oz
Potatoes	1 lb 5 oz	2 lb 10 oz

Serving	Yield	Volume
½ cup (4 oz ladle) provides ¼ cup of vegetable.	25 Servings: 7 lb 3 oz 50 Servings: 14 lb 6 oz	25 Servings: 3 quarts ½ cup 50 Servings: about 1 gallon 2 ¼ quarts

Nutrients Per Serving					
Calories	94	Saturated Fat	1 g	Iron	
Protein	3 g	Cholesterol	2 mg	Calcium	66 mg
Carbohydrate	14 g	Vitamin A	251 IU	Sodium	333 mg
Total Fat	3 g	Vitamin C	3 mg	Dietary Fiber	1 g